

HUBUNGAN *CYBERBULLYING* DENGAN STRES DAN KUALITAS TIDUR SAAT PANDEMI COVID 19 DI SMAN 12 KOTA BEKASI

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Abstrak

Masa pandemi membuat remaja lebih sering mengakses internet sebagai tempat berinteraksi dengan teman sebaya dan belajar, namun internet memiliki dampak negatif jika digunakan oleh orang yang tidak bertanggung jawab sehingga dapat menimbulkan tindakan *cyberbullying*. Remaja yang menjadi korban maupun pelaku *cyberbullying* memiliki dampak yang berpengaruh pada stres dan kualitas tidur. Penelitian ini bertujuan mengetahui hubungan *cyberbullying* dengan stres dan kualitas tidur saat pandemi covid 19 pada remaja. Penelitian ini menggunakan metode penelitian deskriptif analitik dengan pendekatan cross-sectional dan di analisa menggunakan uji korelasi spearman. Populasi dalam penelitian ini adalah remaja korban atau pelaku *cyberbullying* di SMAN 12 Bekasi dengan sampel sebanyak 176 siswa yang diambil menggunakan teknik *simple random sampling*. Instrumen yang digunakan adalah *Cyberbullying and Online Agression Survey Instrument* digunakan untuk perilaku *cyberbullying*, instrumen *Perceived Stress Scale* (PSS-10) digunakan untuk stres yang dirasakan, dan instrumen *Pittsburgh Sleep Quality Index* (PSQI) untuk kualitas tidur. Hasil penelitian menemukan adanya hubungan *cyberbullying* dengan stres dan kualitas tidur saat pandemi covid 19 pada remaja di SMAN 12 Bekasi ($p = 0,004$). Implikasi penelitian ini mengetahui hubungan *cyberbullying* dengan stres dan kualitas tidur sebagai upaya promotif terhadap dampak *cyberbullying* bagi kesehatan mental remaja yang mengalami penurunan kualitas tidur dan merasakan stres. Saran penelitian, remaja harus berhati-hati serta bijak dalam menggunakan media sosial dan menghindari perilaku *cyberbullying* yang dapat berdampak pada kesehatan jiwa remaja.

Kata Kunci : *Cyberbullying*, Stres, Kualitas Tidur, Remaja

RELATIONSHIP OF *CYBERBULLYING* WITH STRESS AND SLEEP QUALITY DURING THE COVID-19 PANDEMIC AT SMAN 12 BEKASI

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Abstract

The pandemic period makes teenagers more often access the internet as a place to interact with peers and learn, but the internet has a negative impact if used by irresponsible people so that it can lead to cyberbullying. Teenagers who are victims and perpetrators of cyberbullying have an impact on stress and sleep quality. This study aims to determine the relationship of cyberbullying with stress and sleep quality during the COVID-19 pandemic in adolescents. This study uses a descriptive-analytical research method with a cross-sectional approach and is analyzed using the Spearman correlation test. The population in this study were teenage victims or perpetrators of cyberbullying at SMAN 12 Bekasi with a sample of 176 students who were taken using a simple random sampling technique. The instruments used were the Cyberbullying and Online Aggression Survey Instrument used for cyberbullying behavior, the Perceived Stress Scale (PSS-10) instrument was used for perceived stress, and the Pittsburgh Sleep Quality Index (PSQI) instrument was used for sleep quality. The results of the study found that there was a relationship between cyberbullying and stress and sleep quality during the COVID-19 pandemic in adolescents at SMAN 12 Bekasi ($p = 0.004$). The implication of this study is to determine the relationship between cyberbullying and stress and sleep quality as a promotive effort to the impact of cyberbullying on the mental health of adolescents who experience decreased sleep quality and feel stressed. Research advice, teenagers must be careful and wise in using social media and avoid cyberbullying behavior that can have an impact on adolescent mental health.

Keywords : Cyberbullying, Stress, Sleep Quality, Adolescents